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Vancouver metro

Your essential daily news | TUESDAY, MAY 26, 2015 | High 21°C/Low 14°C Cloudy

Surgery can't save dolphin

Hana, a Pacific white-sided dolphin at the Vancouver Aquarium, died Sunday despite efforts to save her, including a first-of-its-kind surgery. See metroNEWS. COURTESY VANCOUVER AQUARIUM

Slain teen gets tribute concert

CHILLIWACK

Performers uniting in memory of Emily Janzen

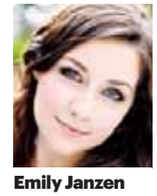
Abby Wiseman
For Metro | Vancouver

Members of the Chilliwack performing arts community will honour the "pure voice" and musical talent of murdered teenager Emily Janzen with a tribute concert Tuesday.

The Chilliwack Symphony Orchestra (CSO), the Academy of Music and the Chilliwack School of Performing Arts will be performing many of Janzen's favourite jazz and theatre pieces at the First Avenue Christian Assembly.

"It's people who love her and miss her getting together and putting on a beautiful musical tribute," said Paula Dewit, CSO conductor.

Dewit worked with Janzen on two musicals, Once Upon a Mattress and Willy Wonka and the Chocolate Factory, and said that Janzen had a rare musical talent that was hard to describe.



Emily Janzen
KIM MALLORY STUDIO

"Her sound was pure and she was just such a clean person, which was very unique. She was very young, but the way she carried herself was very mature," said Dewit.

Dewit said that the musical lineup will include many songs that Janzen performed while she was involved in the musical theatre community, as well as songs selected by friends that reflect the young woman.

Never before has the performing arts community come together so quickly to put on a concert, but it's helping the community grieve the loss of a bright young talent, said Dewit.

"People are happy to have a chance to get together and be with everybody," said Dewit. "When you have a loss like that, you can't be home sitting on the couch."

Janzen was reportedly shot dead along with her mother, Laurel, and aunt, Shelly, on May 7 by her father, Randy Janzen, at two separate crime scenes in Langley and Popkum.

Randy Janzen, who was also found dead at the Popkum scene, posted a confession on Facebook saying that he shot his daughter because he could not bear to watch her suffer from debilitating migraines any longer.

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metro NEWS

Your essential daily news

Air Canada crackdown on carry-ons begins. **Business**

Board postpones plans for public art

SCULPTURE

Installation on hold so public can consider location

Emily Jackson
Metro | Vancouver

A rendering of the public art installation Home and Away, a sculpture proposed for Empire Fields and Plateau Sports Park at Hastings Park. CONTRIBUTED

Vancouver's park board pressed pause on plans for a giant, $450,000 public art sculpture that looks like a slice of bleachers at the brand new Empire Fields and Plateau Park.

The Non-Partisan Association-dominated board hesitated to approve the not-so-subtle piece, which might include a slide, because the public wasn't consulted. At its meeting Monday night, the board referred its decision on Home and Away until the public gets more information at the park's July opening.

"I'm not suggesting that we redesign the piece, I'm just suggesting the public should have a little more time to think about where it goes," chairman John Coupar said of the piece that was described throughout the meeting as "bold."

However, staff said the delay could "derail" plans for the sculpture due to the artists' busy schedule.

Regardless, the board postponed its decision until the fall even though the public is never consulted on the specifics of commissioned art pieces, according to city processes.

Rather, the public expressed a desire for public art in general at the location (and in East Van overall) when the city began planning the Hastings Park renovations.

The Seattle-based artists were involved in early meetings and met with multiple stakeholders before developing the 14-metre tall piece that references the park's rich sports history.

While the concept could change slightly — it won't necessarily be bright yellow and blue, and it may or may not have a slide depending on costs and safety — its scale and location are largely set, meaning people sitting on the non-wheelchair accessible bleachers will be facing away from the North Shore mountains.

"It's going to be a striking and engaging addition to the diverse recreation that will be going on there," the park board's coordinator of public arts Jil Weaving said. "The interactivity feels like it really relates to what's happening on the field."

Cash for the sculpture will come from the city's capital budget. It may seem pricy, but it's comparable to other artworks such as the birds in Olympic Village ($400,000) and the Komagata Maru memorial ($700,000).

At the same meeting, the park board approved an installation in memory of renowned local playwright Tom Cone at Jericho Beach Park. More than 600 people were consulted about this sculpture, a bench that looks like piano keys.

It was given as a gift from Music on Main Society, which will also pay for maintenance.

BALLOTS

Time to vote in transit plebiscite

It's time to rush to a mailbox if you want your vote to count in the Metro Vancouver transit plebiscite.

Elections B.C. will not count ballots unless they are received by mail or dropped off at one of nine plebiscite offices in malls across the region by Friday at 8 p.m.

Canada Post local delivery standards are two business days, so voters should have their ballots in the mail by end of day Tuesday if they want to ensure their ballot makes it via post.

Ballots sent Wednesday could technically make it, but depending on the pick-up time scheduled for a red letter box the envelope might not reach its final destination. (For example, if pick up is scheduled for 4:30 p.m. and you drop a letter in the box at 5 p.m., delivery standards don't start until the next day at 4:30 p.m.)

"Bottom line, we recommend residents do not wait at the last time and drop their vote in the mail at their earliest convenience," Canada Post spokeswoman Carley Smith said in an email Monday.

Counting will begin as soon as June 3 after all the envelopes have arrived at the Elections B.C. sorting facilities in Victoria, spokesman Don Main said.

The initial screening process involves opening the envelope, checking the voter's information, manually taking out the secrecy envelope that contains the ballot and separating the ballot from the voter's information.

About 50 temporary workers were hired to manually process more than 654,000 envelopes, Main said. They will be supervised by Elections B.C. staff. The actual counting will be done electronically with results expected sometime before the end of June, he said.

When the results are in, Elections B.C. will deliver them to the Legislative Assembly through the speaker. As soon as the speaker has the results in hand, Elections B.C. will issue a press release and post the news on Twitter and Facebook.

As of last week, 41.9 per cent of ballots packages mailed to voters were returned and screened by Elections B.C. At stake is a 0.5 per cent regional sales tax to fund a 10-year transit plan that includes LRT lines in Surrey, a Broadway subway in Vancouver, a new Pattullo Bridge and major increases to bus service across the region.

EMILY JACKSON/METRO

> **Bottom line, we recommend residents do not wait at the last time and drop their vote in the mail at their earliest convenience.**
> Carley Smith, spokeswoman for Canada Post

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Dolphin Hana dies after surgery

VANCOUVER AQUARIUM

Procedure considered 'incredible step forward'

Thandi Fletcher
Metro | Vancouver

Hana, a Pacific white-sided dolphin at the Vancouver Aquarium, has died despite efforts to save the marine mammal with cutting-edge surgery never before performed on a dolphin or whale.

The dolphin, which developed a twisted bowel, died around 7 p.m. Sunday surrounded by a team of aquarium staff that had cared for the marine mammal for the past decade.

"She looked at everyone, took her last breath and her heart just sort of stopped," Dr. Martin Haulena, head veterinarian at the Vancouver Aquarium Marine Science Centre, told reporters Monday. "Hana was a wonderful, fantastic, affectionate, loving animal. She was an amazing dolphin, and certainly a friend to us."

Last Monday, aquarium staff noticed Hana was behaving differently and veterinarians determined the animal was suffering from a gastrointestinal disorder.

Late Thursday, a team of seven veterinarians performed bowel surgery on Hana. The procedure marked the first time general anaesthesia has been successfully used on a dolphin or a whale, said Haulena.

Hana survived the surgery but had to be resuscitated a couple of times during recovery and was incredibly weak. Although the dolphin showed some signs of improvement, Hana's condition deteriorated until the animal died Sunday evening.

A team of veterinarians and staffers perform surgery on Hana for a life-threatening condition. COURTESY VANCOUVER AQUARIUM

The surgery and post-mortem examination confirmed what veterinarians had suspected. Haulena said Hana experienced "loops of bowel" that twisted upon themselves and caused a large section of the animal's small intestine to become compromised, eventually leading to septic shock. It's unclear what caused the disorder, which Haulena said happens spontaneously to dolphins both in captivity and in the wild.

While the aquarium is devastated by Hana's death, Haulena said the silver lining is that the surgery was considered to be a success. He said the procedure represents an "incredible step forward" in veterinary care for cetaceans.

Because dolphins and whales live in water and are conscious breathers, surgical procedures are considered high-risk and are extremely rare.

"We've taken a really huge, giant leap in our ability to care for animals," he said. "That's huge. It means we can do it again. We can always get better at what we do."

Hana, believed to be about 21 years old, arrived at the Vancouver Aquarium in 2005 from Enoshima Aquarium in Japan, where the dolphin was recovering from injuries after becoming tangled in fishing net two years earlier.

It's unclear if those injuries may have played a role in Hana's death, but Haulena said the animal had "nothing wrong" during its time at the aquarium.

"She was one of those awesome animals that had perfect physical exams and perfect blood results all the way along until she didn't," he said.

Hana's death leaves the aquarium with only one Pacific white-sided dolphin named Helen. Haulena said the veterinary team is closely monitoring Helen to ensure the dolphin adjusts to the loss of its companion.

CACHE CREEK

Residents of flooded village offered aid from province

Residents of an Interior British Columbia village devastated by weekend flooding can now apply for financial aid from the provincial government.

On Saturday, more than 26 millimetres of rain fell on Cache Creek, located about 80 kilometres west of Kamloops, flooding homes and streets with mud and water and shutting down two highways.

The community's mayor said about 50 homes had been abandoned by Sunday afternoon and about 100 people were registered at an emergency operations centre.

Justice Minister Suzanne Anton says the province is offering disaster financial assistance and Premier Christy Clark will visit the community on Tuesday.

The aid is available to homeowners, tenants, small business owners, farmers, charities and local governments who were unable to obtain insurance.

The government will pay 80 per cent of damages exceeding $1,000 to a maximum $300,000 to accepted claimants.

THE CANADIAN PRESS

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IN BRIEF

Two suspects in New Westminster gun crime arrested

A man and a woman — who led police on a high-speed chase through Metro Vancouver after allegedly pointing a gun at a New Westminster police officer and pulling the trigger last week — have been arrested in Alberta.

The suspects were stopped and arrested without incident by RCMP in Camrose, Alta., during the early morning hours Sunday, according to New Westminster police.

On May 18, the pair sparked a police chase after the man allegedly pointed a gun at an officer who was responding to a call about two people sleeping in a vehicle in New Westminster.

Police said the man pulled the trigger but the gun didn't fire. Police were later able to identify the suspects and shared the information with other law enforcement agencies, leading to Sunday's arrest.

THANDI FLETCHER/METRO

Three men injured in Courtenay explosion were making hash oil: RCMP

Police say a massive explosion and fire at a Courtenay home that sent three men to hospital with critical injuries Friday was caused by illegal hash oil production.

Const. Don Sinclair of Comox Valley RCMP said police searched the home after obtaining a search warrant and found equipment and other evidence used to make hash oil.

"This is a tragic reminder of the serious risks involved in the production of illegal drugs," Sinclair said.

The three men, aged 25, 28, and 29, remain in hospital with serious injuries.

THANDI FLETCHER/METRO

Shots were fired in the 13400 of 70B Avenue in Surrey on Sunday night, disrupting a warm evening where witnesses say children were playing outside. TWITTER: @DELFORD

'Enough is enough'

SURREY

Shooting leaves Newton residents shaken and frustrated

Emily Jackson
Metro | Vancouver

Yet another shooting in Surrey on Sunday night has left Newton residents disturbed by the recent spate of gunfire.

Doug Elford of the Newton Community Association heard gunfire about a half a block from his house in the 13400 block of 70B Avenue around 8 p.m. on a nice night where children were playing outside.

When he went outside to see what happened, police were picking up shells from the street and witnesses reported seeing two vehicles shooting at each other before fleeing, Elford said Monday.

"It was upsetting because it was so close to my house," said the father of four, whose son had walked by the intersection just 15 minutes prior to the gunfire.

"My nerves are pretty frayed. We're trying to work to make this a better neighbourhood, we don't need this anxiety and fear in the community."

Surrey RCMP is investigating the incident and canvassing neighbours for more information, according to a statement from Sgt. David MacDonald. No injuries were reported and it's not yet clear if the shooting is linked to any of the previous shootings in the past two months.

> **It was upsetting because it was so close to my house.**
> Doug Elford

There have been more than two dozen shootings in Surrey and Delta since the beginning of March, leaving neighbours frustrated that the Mounties haven't put a stop to it, Elford said.

"With almost 30 shootings in the past short time, you think they would know who these guys are and at least target them, stay on top of them, prevent this from happening," he said.

The government promised 100 new police officers for the community, but there are still questions about when they will arrive and how they will be deployed.

"Let's hope that the RCMP gets on top of these guys once and for all and puts an end to this mindless, senseless idiocy in the neighbourhood," Elford said.

"It's past the breaking point... enough is enough."

Anyone with information is asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-8477.

CRIME

Police to stay the course, says chief

Vancouver's new police chief Adam Palmer is sticking with the status quo, he said at the force's change of command ceremony on Monday. Now that Palmer has officially replaced Jim Chu, he said he doesn't intend to make major shifts within the VPD and will pick up where Chu left off.

"I think we're heading in a good direction and Jim Chu created a really good template," said Palmer.

Palmer said his top priorities at the moment are to maintain the community relationships Chu built during his tenure, as well as forge a stronger bond with VPD officers.

"I want to get out and talk to the front line officers and let them have face time with the chief," said Palmer. "Those who don't know me will get to know me on a personal basis."

Mayor Gregor Robertson was also in attendance and credited Chu's leadership for making Vancouver a safer city.

"I think we've had great success in Vancouver reducing crime under Chief Chu's leadership and Chief Palmer is committed to carrying on with many of those initiatives," said Robertson.

Also on Monday, Chu became the first municipal police officer to be given a provincial commission for his 36 years of service.

ABBY WISEMAN/FOR METRO

Police Chief Adam Palmer
ABBY WISEMAN/FOR METRO

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Facebook plans to feature targeted Amber Alerts

SOCIAL MEDIA

Network to help by providing details of missing child

Facebook Canada will start sending Amber Alerts to users near the location where a missing child is believed to have vanished.

The alerts will provide all available details of the missing child and can be easily shared, to help spread the word.

The social media network says it will work with police in major centres across the country to get the alerts out.

Facebook started a similar system in the United States in January.

Public Safety Minister Steven Blaney made the announcement Monday at Ottawa police headquarters. He pointed out that Monday was National Missing Children's Day.

"There is no greater fear for a parent than the possibility of a missing child," he said in a statement. "Today is an important day to remember not only children who have gone missing, but also their loved ones."

Jordan Banks, managing director of Facebook Canada, said speed is vital in dealing with an abduction.

"The most valuable thing we can do is get information out to the public as fast as possible," he said in a statement.

"By getting the right information to the right people at the right time through targeted Amber Alerts on Facebook, we hope to reunite missing children with their families faster."

Pina Arcamone, director general of the Missing Children's Network, said Facebook is uniquely positioned to help with Amber Alerts.

"When a child disappears, every second counts and statistics have shown that the rapid dissemination of information greatly increases the chances of locating a missing child, safe and sound.

"Facebook's geo-targeted alerts will give Amber Alerts an expanded social media and Internet presence, thus greatly enhancing our abilities to quickly recover the child."

THE CANADIAN PRESS

Victoria, who turns one today, is seen with her parents Melissa McMahon and Simon Boisclair, of Trois-Rivieres, Que., in Ottawa Monday. Victoria was taken from a hospital last year and found thanks in part to the Internet. SEAN KILPATRICK/THE CANADIAN PRESS

FOOD FIGHT

Beware pale pasta imitators

Is your spaghetti dinner really Italian? Not if you're using marinara sauce from a jar, regular supermarket pasta, everyday olive oil or — gasp — grated Parmesan cheese, says Pasquale Bova, the Italian trade commissioner to Canada.

And he warns it's a very serious economic issue hurting both Canadian taste buds and Italy's food export business. So the commission has launched its biggest-ever campaign to raise consumer awareness.

"If you're not buying Italian, you're not eating Italian," Bova said in an interview

Canada buys an estimated $3.6 billion of "fake" Italian foods every year, says Bova.

"Italian cheeses have more look-alikes than Elvis Presley," says the commission's website, italianmade.com.

The commission advises looking for "Made in Italy" on the label or a DOP (Protected Designation of Origin) logo or IGP (Indication of Geographical Protection) certification.

TORSTAR NEWS SERVICE

▲Program in effect from May 1, 2015 to June 30, 2015 (the "Program Period"). To qualify, customer must recycle their vehicle through a Ford dealership by turning in a 2008 model year or older vehicle that is in running condition (able to start and move and without missing parts) and has been properly registered/plated or insured for the last 3 months (the "Criteria"). Eligible customers will receive $1,000 towards 2014/2015 Edge, Flex and 2015 Fusion, Fusion Hybrid, Fusion Energi, Mustang (excluding 50th Anniversary, Shelby GT350), Explorer, Escape and Expedition, $2,000 towards 2015 Taurus, Transit Connect, E-Series Cutaway, Transit Van, Transit Wagon, Transit Cutaway, F-150 (excluding XL 4x2), and $2,500 towards 2014 F-150 (excluding Raptor) and 2015 F-250 to F-550 (each an "Eligible Vehicle"). Vehicles of 2014 model year may qualify for the offer depending on available inventory– see dealer for details. Taxes payable before incentive amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, demonstrate to the dealer / provide the dealer with sufficient proof of Criteria and a signed original ownership transferring his/her vehicle to the authorized recycler; and (ii) the Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. Limit one (1) incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales if valid proof is provided that the customer has 2 separate qualifying recycled vehicles. Offer is transferable only to persons domiciled with the owner of the recycled vehicle.

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In this photo taken Friday, a rhino named Hope stands in her pen in the Eastern Cape province, treated with a dressing where her horns used to be. SAVING THE SURVIVORS/THE ASSOCIATED PRESS

SOUTH AFRICA

Rhino treated after horns taken

Poachers in South Africa had darted the rhino with a tranquilizer and hacked off her horns while she was sedated, leaving the animal with a horrific wound covering much of her face. A couple of days later, staff on a wildlife reserve found the grievously injured rhino — alive.

Last week, veterinarians operated on the 4-year-old female, a rare survivor of increasing attacks by poachers who killed more than 1,200 rhinos last year in South Africa — home to most of the world's rhinos.

They removed maggots and dead tissue, applied dressing and fastened a fibreglass cast with steel screws. The wound measures 50 by 28 centimetres, the biggest of 10 similar cases that the team has treated in the last three years.

"If we can save Hope and she can go back and produce more offspring, then in her lifetime she would have contributed to the survival of the species," said Dr. Gerhard Steenkamp, a veterinarian from the University of Pretoria. He is a member of Saving the Survivors, a South African group that treats rhinos who have suffered gunshot wounds, facial gouges and other injuries inflicted by poachers.

Demand for rhino horn is high in parts of Asia where it is seen as a status symbol and a cure for illness despite a lack of evidence that it can heal. THE ASSOCIATED PRESS

U.K. leader says who can vote

REFERENDUM

Should Britain remain in EU?

Britain's prime minister on Monday outlined who will be allowed to vote in a referendum on whether Britain should remain in the European Union, opting to exclude most voters from the other 27 EU nations living in the U.K.

Prime Minister David Cameron announced the parameters ahead of introducing legislation Thursday in Parliament to organize the ballot. No date has been set for it yet but Cameron is committed to holding the referendum by 2017.

His plans include a tour of European capitals to press his case that the EU needs to be reformed, hoping that the upcoming vote in Britain will convince those on the continent that Britain is determined to enact change.

Cameron plans to travel to Denmark, the Netherlands, France, Poland and Germany this week as part of his efforts to talk with all of the leaders of the EU member states before the European Council late next month.

2017

Cameron is committed to holding the referendum by 2017.

Under the referendum measure, the vote will be open to those allowed to vote in British elections rather than rules used for European Parliament or local elections.

Cameron said U.K.-resident citizens of four other EU members — Ireland, Commonwealth members Cyprus and Malta, and the U.K.'s own territory of Gibraltar — will be eligible to vote, while citizens from 24 other EU nations will not.

This means more than half of eligible voters among the 2.8 million non-British EU citizens living in the United Kingdom will be denied a ballot in the referendum.

Uniquely, Cameron plans to permit eligible voters in Gibraltar, the British territory on the Mediterranean Sea, to take part. That decision could aid the pro-EU side, because Gibraltar's 30,000 residents broadly see EU membership as essential to thwarting Spain's ambitions of claiming the 6.8-square-kilometre territory.

THE ASSOCIATED PRESS

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Unless you have a tag like this, you will not be able to bring your bag onto Air Canada flights. The airline recently began issuing the red tags for approved carry-ons. CHRIS SO/TORSTAR NEWS SERVICE

Airline begins bag crackdown

TRAVEL

Fliers faced short wait times on first day of program

Air Canada began its promised crackdown on oversized carry-on baggage on Monday, beginning with passengers checking in for flights in Toronto in a program it plans to expand across the country in about two weeks.

Passengers leaving on early flights from Pearson International Airport faced short lineups to get carry-on bags checked for size and weight.

Those whose carry-on items met the criteria received a red tag, which the airline says helps reduce wait times at security. Those with articles that exceeded the guidelines faced being stopped at security and sent back to check-in where "standard fees will apply."

Renee Smith-Valade, Air Canada's vice-president for customer experience, said extra staff were on hand at both check-in and security checkpoints and passengers moved through quickly.

"Most European, international and U.S. carriers already have a system like this ... so we're just coming into line with what most other airlines are already doing," she said in an interview.

The airline declined to say how many customers were turned back for having oversized carry-on luggage, but said wait times were five minutes or less, and by Monday afternoon not a single customer had missed a flight due to the new process.

Air Canada plans to begin checking and tagging carry-on bags at most other Canadian airports around June 8.

THE CANADIAN PRESS

LUGGAGE

Air Canada outlines carry-on specifics

Air Canada specifies that a personal item can include a backpack, briefcase or laptop computer measuring up to 16 by 33 by 43 centimetres and a standard item such as a suitcase measuring up to 23 by 40 by 55 centimetres, including wheels and handles.

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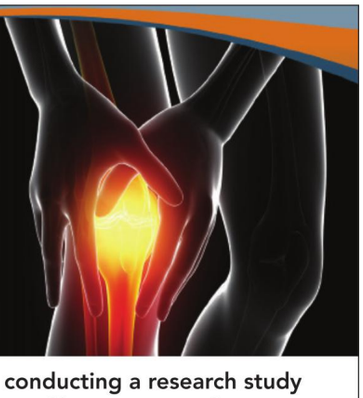

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metro VIEWS
Your essential daily news
Tuesday, May 26, 2015

the big question

Why did Canada vote to keep nukes?

To show support for Israel — and it wasn't the only country to do so. Canada joined the United States and Britain on Friday in blocking a UN plan to hold a conference on nuclear disarmament in the Middle East by 2016 — a move that could have forced Israel to admit it's a nuclear power. Israeli Prime Minister Benjamin Netanyahu thanked Canada, saying "a weapons-of-mass-destruction-free zone can only be truly effective if all countries in the Middle East participate." To the disappointment of NGOs working to abolish nuclear weapons, disarmament efforts are on hold until 2020.

THE CANADIAN PRESS

Better bike parking will encourage commuters

YOUR RIDE
Karen Quinn Fung

This week, Vancouver celebrates Bike to Work Week, highlighting the joys and benefits for those of us opting for a human-powered, two-wheeled commute.

If you want to transition to bike-commuting regularly, this is a great chance to get resources. You can dive right in and learn cycling skills such as how to pair rides with transit, dress for the weather and carry awkward cargo.

But of all the obstacles big and small that keep people from cycling on a regular basis, there's one in particular that I'm patiently awaiting a solution for: consistent, reliable bike parking.

For many who would like to bike more often, it can be disappointing to put all the time and effort in overcoming obstacles associated with the ride to work itself, only to find few options for storing the bike.

While parking bylaws set out bicycle parking requirements for some buildings, in practice there can be a gap between meeting these minimal requirements and actually providing a welcoming environment for cyclists. Public racks on sidewalks are short-term options at best — especially for those of us nervous about exposing our bikes constantly to the corroding elements.

Outside of larger workplaces and newer buildings, employees may end up having to wait or make a fuss to get something workable put in place — if a solution materializes at all.

The situation at the other end of the trip, starting at home, can also be no better. While strolling past front doors on a neighbourhood street last week, I was struck by the number of bicycles I could see suspended from hooks in walls or hanging from racks inside houses.

Sheds and bike rooms are the best solutions. But without dedicated attention, these often devolve into crowded graveyards of abandoned bikes.

For regular cyclists, hardships like giving up a portion of our living space and learning to carry our bikes up and down stairwells can seem easy and surmountable, compared to slogging it out with condo administrators or neighbours to keep storage spaces usable.

The City of Vancouver has its eye on this issue. The transportation plan update passed in 2012 aims to add bike parking to existing buildings, as well as higher-security facilities at transit stations and in the downtown core.

Sheds and bike rooms are the best solutions. But without... attention, these often devolve into graveyards of abandoned bikes.

These solutions cannot come fast enough for those of us starting to make trips regularly by bike or wanting to make more such trips — not to mention the regions and cities that benefit from supporting those choices.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

"It's time to shed the haughty gaze at the wayward tourist."

There's now one more reason to avoid Victoria's tourist-swarmed downtown core this summer.

Volunteers in 1940s-style British "bobby" uniforms — complete with egg-shaped hats — will be walking the beat "armed only with a smile, interesting historical facts and crime prevention information," according to police. It's an effort to make out-of-towners feel even more like they've escaped to a west-coast Pleasantville.

And it's another reason to hate on tourists.

You know, the camera-toting (don't you have a smartphone?!), meanderers clad in comfortable shoes, clogging the seawall in Vancouver and the streets of Kensington Market in Toronto. Also known, to one friend, as "THE WORST SIDEWALK WALKERS!"

They don't know where they're going, or how to get there. They turn our cities into marketing fluff and our streets into parking lots for tour buses.

But in our annoyance, we forget: We are tourists, too.

Canadians are the seventh-largest spenders on travel in the world, to the tune of $37 billion in 2014.

The golden rule of a good trip is good people. That could be a travel buddy or a hostel crew, but it's also often the locals. In Lisbon, Portugal, my sister and I made friends out of people who showed us the hidden bars and late-night hangouts, the beaches a short drive out of town, the best places to catch the sunset.

That's the hipster way to travel these days — getting the "local" experience. But we forget it relies on locals treating us, the tourists, like the potentially interesting humans we are.

I try to be kind to tourists, sometimes. I'll offer directions or tips on what to see and eat. But I've never looked at a tourist as a potential friend. And I've never been the source of someone's amazing story of travel to Canada.

There is another reason to stop hating tourists: They brought in $17.3 billion in 2014. You've heard this before, but many people's livelihoods depend on them.

Yes, it is irritating to see my hometown become even more of a caricature of imagined Englishness. I didn't think Victoria could grovel any harder at the feet of its British roots. It can.

But whatever I think of the volunteer bobby idea, it's time to shed the haughty gaze at the wayward tourist. There's no point having a superiority complex if you don't help make your city a nice place to be.

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PHILOSOPHER CAT
by Jason Logan

Elizabeth Arden Introduces Prevage National Week May 23-29, 2015

Elizabeth Arden
NEW YORK

Putting on heels carries a sky-high price

RESEARCH

New study shows that stiletto-related injuries have doubled over the last decade

Injuries related to high-heeled shoes doubled between 2002 and 2012, according to a new study from the University of Alabama at Birmingham in the U.S.

And they're not just talking about blisters. The most common injuries were sprains and strains to the foot and ankle.

In fact, the damages were severe enough that upon publication of the study in the Journal of Foot and Ankle Injuries, the research team took the occasion to warn the public about appropriate footwear selection and awareness of one's surroundings.

"Although high-heeled shoes might be stylish, from a health standpoint, it would be worthwhile for those interested in wearing high-heeled shoes to understand the risks and the potential harm that precarious activities in high-heeled shoes can cause," says lead author Gerald McGwin, Ph.D., vice chair and professor of the Department of Epidemiology in the UAB School of Public Health.

Working with data from the Consumer Product Safety Commission's National Electronic Injury Surveillance System, McGwin and his team counted 123,355 high-heel-related injuries that occurred during the decade they surveyed.

The most eventful year was 2011 with more than 19,000 accidents.

The 20s are the most vulnerable years for high-heel-related injuries, followed by the 30s, according to the study.

Over 80 per cent of the injuries were to the ankle or foot, with less than 20 per cent pertaining to the knee, trunk, shoulder or head and neck, according to the study.

AFP

19,000

The number of high-heel accidents that occurred in the U.S. in 2011 — the most eventful year for mishaps — according to the study.

AFP

FASHION PAINS

Long- term damage possible

Walking in high heels has been shown to significantly reduce ankle muscle movement, which could restrict range of motion in the foot over time, according to the study.

Previous studies have established that high heels are often the culprit behind musculoskeletal issues and lower extremity discomfort, according to McGwin. Previous research shows women's feet begin to hurt after one hour and six minutes of wearing high heels. McGwin recommends that those who don high heels be aware of how often they do so and for how long. "We also noted that nearly half the injuries occurred in the home, which really supports the idea of wearing the right footwear for the right occasion and setting," says McGwin.

His research suggests high-heeled shoes have been in fashion for nearly 300 years.

AFP

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Elizabeth Arden
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SHOPPERS DRUG MART

How to avoid feeling excluded

MANNERS

If no one else is going to make introductions, you should

URBAN ETIQUETTE

Ellen Vanstone

If your friend doesn't introduce you, avoid an awkward situation by introducing yourself. ISTOCK

Dear Ellen,
I was walking down the street with my friend, when we ran into a guy he knew, so my friend and this other guy started talking while I just stood there feeling really awkward. I kinda half-smiled like an idiot, then I took out my phone and pretended to be busy, then I just started getting irritated. Should I have said something? Or would that have made me look too insecure or oversensitive?
— Mikala

Dear Mikala,
First of all: You were not being insecure or oversensitive. You were having a sane and normal reaction to being treated with rude indifference.

It's fine to wave or exchange a word or two with someone you pass on the street, but as soon as your friend embarked on a longer conversation with the new guy, he should have paused to introduce you to him, and him to you.

This is basic good manners — on the street, in restaurants, at parties. There's a whole raft of rules and regulations about formal introductions, mostly about introducing royalty and the elderly before peasants and children (which you can find and study online if you want).

But the only rule that matters is this: Don't let anyone stand around feeling excluded from a conversation — including yourself. If no one else is going to make introductions, you should.

Think about it. You were standing there feeling uncomfortable, but maybe the new guy was also feeling a bit weird — especially if you half-smiled like an idiot, then whipped out your phone and pointedly ignored him, then stood there glaring at him with irritation. (Rule of thumb: It's never good manners to be passive-aggressive.)

It's much better to avoid this by introducing yourself right at the start — "Hi, I'm Mikala!" — and put everyone at ease. It doesn't mean you have to horn in on the conversation. You can stand by politely while they chat, but the door is now open for communication between all parties.

This approach will also be much nicer for your ill-mannered friend. Now you don't have to attack him for being such a rude pig the second you walk away from the new guy, or punish him with silent, fuming resentment all day, which, as mentioned, would be passive-aggressive and therefore rude, which you are not, right?

Need advice? Email Ellen at scene@metronews.ca

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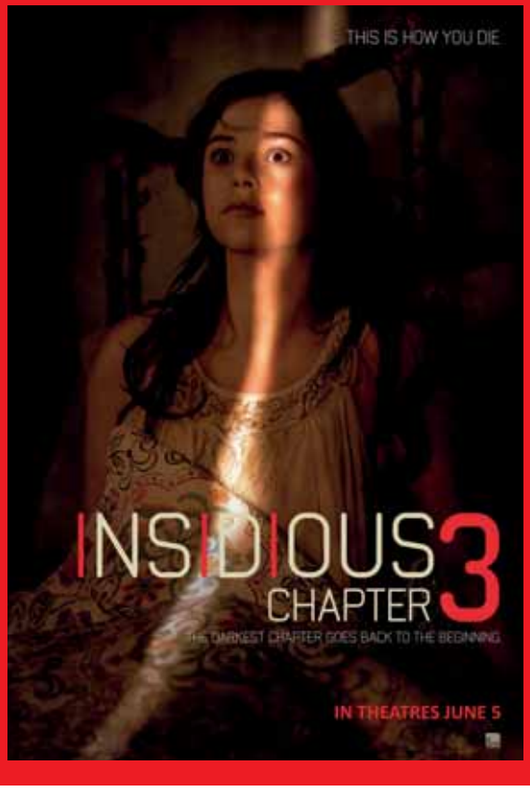

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Defending Nickelback. Again.

POP PARIAHS

Now even Aussie police are drinking the Haterade

SOUND CHECK
Alan Cross

As Nickelback prepared to play a show in Brisbane, Australia, last week, the Queensland Police Service issued an Interpol-like alert. If your BS radar was even slightly detuned, it looked like a legitimate Simon Wiesenthal Center-level APB.

"WANTED FOR CRIMES AGAINST MUSIC," read the tweet. "Police are on the lookout for these men who are believed to be impersonating musicians around Boondall this evening. Avoid this area. It might be hazardous to your hearing and street cred."

This is good use of police resources? And what has the band ever done to deserve to be the subject of hatred?

I've done some digging into this. We can pinpoint the moment when it became fashionable to hate Nickelback. On May 5, 2004, Comedy Central began running a promo for a show called Tough Crowd featuring host Colin Quinn dissing a recent study that linked violent lyrics to violent behaviour. "No one talks about the studies that show that bad music makes people violent," he said, "but listening to Nickelback makes me want to kill Nickelback."

Until then, Nickelback was merely a popular mainstream rock band. But that promo ran again and again and again, causing the meme to take hold and — well, look where things are today.

Readers of Rolling Stone named them the second-worst band of the '90s, second only to Creed. Online dating sites warn that admitting to liking Nickelback is moderately worse than confessing you have incurable syphilis. But why?

Deconstructing the cause of Nickelback hate is surely worthy of some kind of PhD dissertation. Is it because Chad Kroeger spends too much time writing songs about partying, getting blind drunk, sex, strippers and hookers? That doesn't make sense when you live through Van Halen, Mötley Crüe and Marilyn Manson.

Perhaps it's the slick mainstream-ness of the Nickelback sound that doesn't sit well with critics, hipsters and fans of "proper" rock. Could it be over-exposure? How You Remind Me was the bestselling rock song of the '00s and played on American radio more than any other song that decade. It's easy to hate that kind of success. Or could it be — let's just say it — because they're Canadian?

Personally, I have nothing against Nickelback. They produce insanely popular rock songs that resonate with millions of people in the heartland. Any hate directed toward them is far, far out of proportion with what they do. Any doctoral candidates want to get to the bottom of this?

Wanted ... for crimes against music? Columnist Alan Cross thinks it's time we give Chad Kroeger and the rest of the boys in Nickelback a break. MARK DAVIS/GETTY IMAGES

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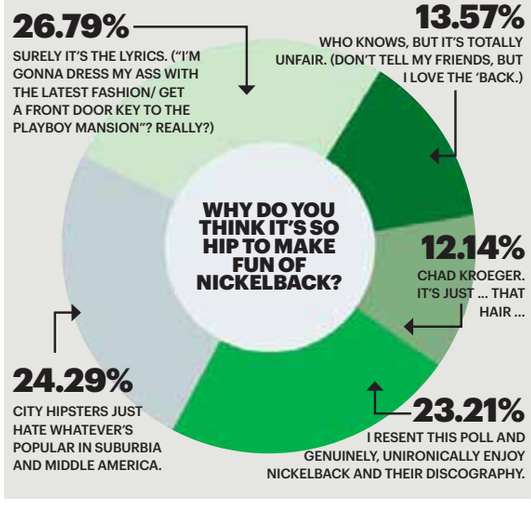

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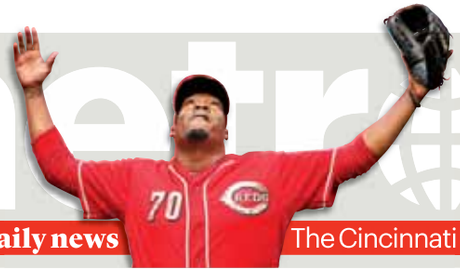

The Cincinnati Reds lost their ninth in a row (5-4 to Colorado), their longest losing streak in 17 years

IN BRIEF

Rockets avoid elimination
James Harden scored a playoff career-high 45 points and the Houston Rockets led from start to finish to avoid elimination in the Western Conference final with a 128-115 victory over the Golden State Warriors in Game 4 on Monday night.

The Rockets used a 45-point first quarter to build a big lead. They were up by 22 in the second quarter when Stephen Curry landed on his head in a nasty spill and missed about 12 minutes before returning.
THE ASSOCIATED PRESS

Morrison charged in motorcycle accident
Four-time Olympic speedskating medallist Denny Morrison has been charged with failing to yield to a yellow light after a motorcycle crash last month left him with a broken leg.

The accident occurred when the athlete from Fort St. John, B.C., hit the side of a Toyota Corolla with enough force to upend the car.
THE CANADIAN PRESS

McDonald released by Bears after his arrest
The Chicago Bears have released defensive end Ray McDonald following a domestic violence arrest in California that police say stemmed from him assaulting a woman who was holding a baby on Monday. THE ASSOCIATED PRESS

Leos cut their all-time leading returner Brown

CFL

GM says running backs need to be more multi-purposed

Cam Tucker
Metro | Vancouver

In his time with the B.C. Lions, Tim Brown had a knack for suddenly pulling off a long kick or punt return, often when it seemed his job security was on shaky ground.

He won't get that opportunity this year, at least not with the Lions, who cut the five-foot-eight running back and kick returner, as well as three other players on Monday, less than a week before the opening of training camp in Kamloops.

Brown, who turns 31 in October, leaves the organization as its all-time leader in kick-return yards with 6,391 yards combined since the 2011 season.

He also had five returns go for touchdowns, along with others that instantly produced good field position for the offence.

But despite his credentials as a returner, Brown was never a guarantee in the lineup, especially last season when he was a healthy scratch in four of the first five games due to the ratio, which he voiced frustration over but admitted there wasn't much else he could do besides wait and prepare.

Brown took part in the club's three-day mini camp last month.

The Lions went younger with some of their off-season free agent signings, in particular with running back Brendan Bigelow, who turns 23 in July and is an accomplished kick returner with California-Berkley, where Jeff Tedford coached.

The Lions also signed 28-year-old Lavelle Hawkins, who had more than 1,000 yards on 49 kickoff returns with California-Berkley. Then they drafted running back Shaquille Murray-Lawrence out of the University of Nevada, Las Vegas.

General manager Wally Buono also hopes Brown will catch on with another CFL team, and releasing him now as opposed to later in June, when other teams are making cuts and there are more players available, should hopefully help his chances of doing so.

"The running back position, the direction is we wanted to be a little bit more multi-purposed," said Buono.

"Do we have two good, competent non-import running backs? Yes. Will we have a good import running back? Yes. But the import has to give us more than just being a running back."

Tim Brown had five returns go for touchdowns since joining the Lions in 2011.
DAVE SANDFORD/GETTY IMAGES

ROSTER NOTES

Three others released, six draft picks signed
The B.C. Lions also announced they released Canadian receiver Kito Poblah, kicker Steven Shott and offensive tackle Andre Ramsey.

The Lions also signed six of their eight draft picks from this year's class: Ese Mrabure-Ajufo (fifth overall), Shaquille Murray-Lawrence (23rd), Adrian Clarke (32nd), Campbell Allison (41st), Joshua Brinkworth (49th) and Maxx Forde (58th).

Rookies begin a three-day mini camp in Kamloops on Thursday, before main camp begins Sunday.

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Stamkos eager to finish off Rangers

NHL

Bolts could advance to Cup final with win Tuesday night

Steven Stamkos knows what it's like to come close to getting to the Stanley Cup final and wind up not playing on the NHL's biggest stage.

It happened to the Tampa Bay Lightning four years ago, and the three-time all-star is determined to not let another opportunity slip away.

After a slow start to the playoffs, the high-scoring team captain helped the speedy Lightning push the New York Rangers to the brink of elimination from the Eastern Conference final.

Game 6 is Tuesday night at Amalie Arena.

A Lightning victory will send Tampa Bay to the Cup final for the second time in franchise history.

And the Rangers are looking to extend the series to a seventh game, which would be played Friday night in New York.

"You kind of have to realize where you are and kind of use that as a little bit of motivation," Stamkos said. "The harsh reality is, some guys in this room may never get the chance to get this far again.

Hopefully everybody does, but you never know in this sport."

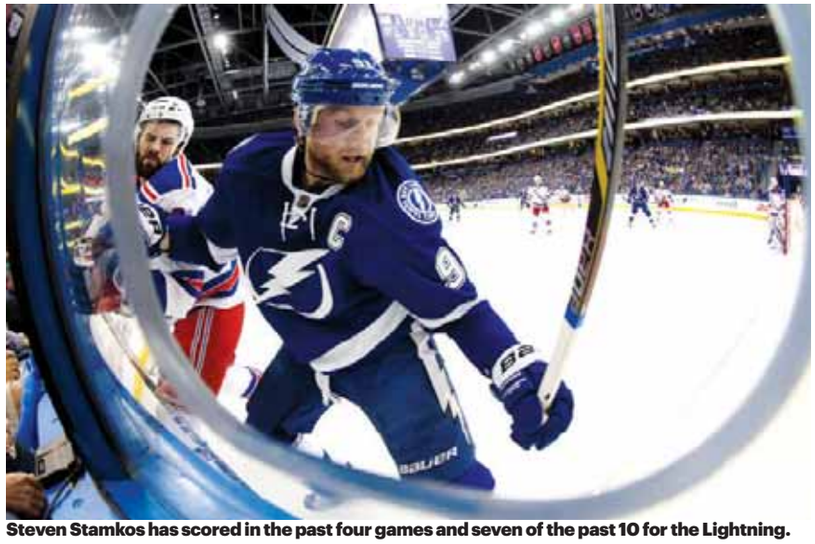
Stamkos knows first-hand. He and defenceman Victor Hedman are the only players remaining from the Tampa Bay team that came within one victory of playing in the Cup final in 2011.

The Lightning lost Game 7 to Boston 1-0 and didn't win another playoff game until this year.

The two-time Maurice Richard Trophy winner was a young, rising star on that team.

Now, he's one of the league's most prolific scorers, leading a club that's flourished in the playoffs even when Stamkos has struggled to score.

THE ASSOCIATED PRESS



Steven Stamkos has scored in the past four games and seven of the past 10 for the Lightning. BRUCE BENNETT/GETTY IMAGES

WEST FINAL

Ducks win in OT

Matt Beleskey scored 45 seconds into overtime, and the Anaheim Ducks beat the Chicago Blackhawks 5-4 on Monday night in Game 5 to take a 3-2 lead in the Western Conference finals.

MEMORIAL CUP

Oshawa victorious in opening games

Cole Cassels took most of the important faceoffs as the Oshawa Generals beat the Quebec-champion Rimouski Oceanic and host Quebec Remparts in their opening two games at the Mastercard Memorial Cup.

Perhaps the biggest so far came late in overtime against the Remparts. Cassels' draw back to defenceman Stephen Desrocher for the winning goal gave Oshawa a 5-4 win in a game it dominated but was in danger of losing thanks to Zach Fucale's brilliance in the Quebec net.

The two had combined on a similar goal in a 4-3 win over Rimouski.

"We knew Steve has a great shot and he gets it off quick," Cassels said Monday. "It worked out twice for us."

The 20-year-old Cassels, a Vancouver Canucks prospect whose father, Andrew, is a former NHL centre, is playing his best at the right time for the Generals.

Coach D.J. Smith has the luxury of having two faceoff aces, Cassels and Montreal Canadiens first-round pick Michael McCarron, and decides before each game which one to match against the opponent's top centre.

"A lot of winning faceoffs is digging in and battling, and he battles all the way through the draw," Smith said of the six-foot-one 190-pound Cassels.

THE CANADIAN PRESS

LAST NIGHT

Kelowna beats Rimouski to improve to 1-1

Nick Merkley, Gage Quinney and Leon Draisaitl each scored two goals and the Kelowna Rockets beat the Rimouski Oceanic 7-3 on Monday night in the Memorial Cup.

THE CANADIAN PRESS

Game 3 action at the 2015 MasterCard Memorial Cup between the Oshawa Generals and Quebec Remparts at Pepsi Colisée in Quebec City on Sunday. AARON BELL/CHL IMAGES

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Ready in
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients
- 1 1/2 lb salmon fillet
- Salt and pepper

Salsa
- 2/3 cup finely diced orange
- 2/3 cup finely diced avocado
- 2 tsp orange juice concentrate
- 1/4 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 tsp olive oil
- 2 tsp lemon juice
- 1/2 tsp finely chopped garlic
- Salt and pepper
- 1/4 cup chopped cilantro

Directions

1. In a small bowl, combine the salsa ingredients. Stir to combine and set aside.

2. Preheat a barbecue to medium-high heat or lightly coat a non-stick grill pan with cooking spray and set over medium-high heat. Sprinkle the salmon with salt and pepper. Cook the salmon for about 10 minutes per inch of thickness or until the fish just flakes when tested with a fork.

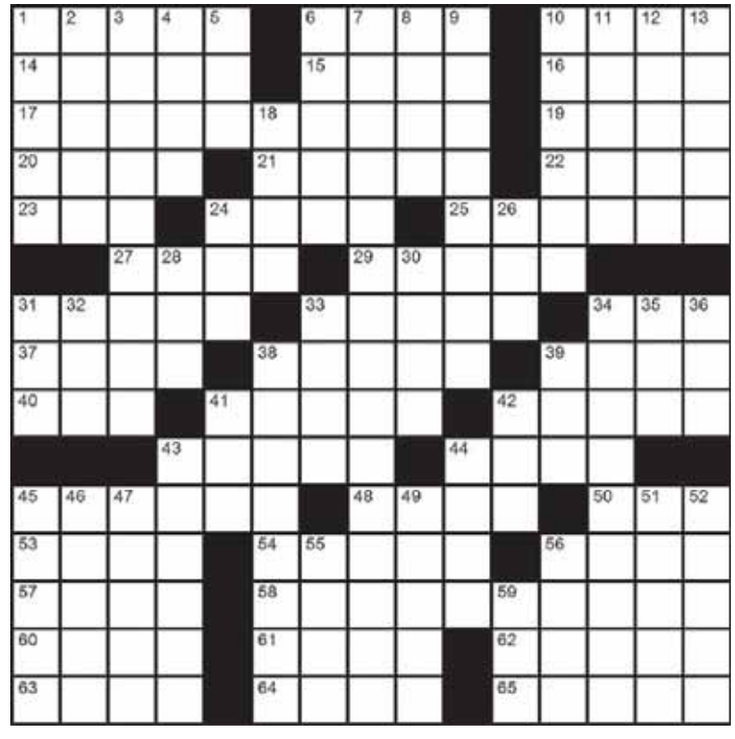
3. Spoon the salsa over the salmon before serving.

Nutrition per serving (recipe serves 6)
- Calories 238
- Protein 26 g
- Carbohydrates 21 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Valuables keepers
6. Keener
10. Semi-wet
14. Suffix for a branch of knowledge
15. Cabbage: French
16. River inlets
17. Builder's printouts for the home buyers: 2 wds.
19. Covetousness
20. Tsp., et al.
21. Too critical
22. 'Problem' suffix
23. Type of orchestra, briefly
24. Cartoon friend of Pebbles, when doubled
25 __ Macbeth (Scotland-set mystery novel series by M.C. Beaton)
27. Complete
29. __-face
31. Military trainee
33. __-Montreal (Historic area of Quebec's largest city)
34. Tap on
37. __ one's appetite
38. Type of eatery
39. Morning grass characteristic
40. Seasickness, __ de mer
41. "Easy __" (1969)
42. Southern __
43. Comedian
44. __-hoop
45. Patricia __, Canadian director of "Mansfield Park" (1999)
48. Ancient attraction
50. Montreal NHL-er
53. By any chance?
54. Bright city signs
56. Sandy formation
57. Point
58. Government-owned expanses of Canada: 2 wds.
60. Payment in poker
61. Go on a country walk
62. Book's brief beginning
63. Not as much
64. The __ Coast
65. Namesakes of actor Mr. Diggs

DOWN
1. Couches
2. "__ __ Love" by Led Zeppelin
3. One employed for sandals adverts: 2 wds.
4. Characters' selves
5. Central Asia river, __ Darya
6. Happy as _ __!
7. Member of the Order of Canada who is a 5x Olympian in track: 2 wds.
8. Geological periods
9. 1998 Jackie Chan action comedy: 2 wds.
10. Whimsically wondered
11. "__ _ a stinker?" - Bugs Bunny
12. Canadian author Ms. Gallant
13. Dule Hill series of 2006 to 2014
18. "__ Lap" (1983)
24. Vegas wager
26. Lac-__-Sables, Quebec
28. Animal doc
30. Labatt product
31. Uniquely-spelled mountain basin
32. "Just as I thought!"
33. NFLD: Quidi __ (St. John's neighbourhood)
34. Marg __ (Politicians-interviewing character for Canadian comedian Mary Walsh)
35. Pointy tool
36. TTFN
38. Sunday: French
39. Rocker Mr. Shannon
41. Movie genre, __-com
42. Roll
43. Truly, archaically
44. __ '_' Hers
45. Queenly
46. Pertaining to sheep
47. Tangs
49. Dry, basically
51. Outkast member, __ 3000
52. Kisses: Spanish
55. 'Ranch' suffix
56. Mr. Carvey
59. On, as a candle

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Strangely, you will get a lot more done today if you slow down and try to do less — not least because you won't have to spend so much time correcting your mistakes!

Taurus April 21 - May 21
If someone is critical of you today there can only be one reason: they are jealous of your popularity and success. If they say that you are doing something wrong the more you can be sure you are doing it right.

Gemini May 22 - June 21
Get routine matters out of the way as early as you can because later in the day you will get an invite you won't want to turn down. Take your responsibilities seriously, but not so seriously that you cannot enjoy yourself.

Cancer June 22 - July 23
You may not care too much about money and possessions, but try not to give others the impression today that you will give them whatever it is they want from you.

Leo July 24 - Aug. 23
Jupiter in your sign is a wonderful influence and you won't lack for confidence over the next few days. But can you balance it with common sense? If not you might go over the top.

Virgo Aug. 24 - Sept. 23
You may be eager to try new things, but don't take unnecessary risks with money or your reputation. While your ruling planet Mercury continues to move retrograde you should aim to play safe, in some things at least.

Libra Sept. 24 - Oct. 23
Do you see things the way they are or the way you would like them to be? That's an important question because the planets warn you could be a little too optimistic for your own good today.

Scorpio Oct. 24 - Nov. 22
Someone you have to deal with today and tomorrow may seem scary but they are more afraid of you. You always seem so self-possessed and sure of yourself and it can be quite intimidating!

Sagittarius Nov. 23 - Dec. 21
You don't have to make apologies to someone you fell out with. Why should you when they are wrong and you are right? On the other hand maybe you should soften your tone.

Capricorn Dec. 22 - Jan. 20
You seem to be under the impression that you can get away with anything. It may or may not be true but either way it's not a wise attitude to take.

Aquarius Jan. 21 - Feb. 19
Can you believe what a friend or relative says? It may sound outrageous but according to the planets they could be telling you the truth. What do your instincts tell you?

Pisces Feb. 20 - March 20
Don't push yourself too hard over the next 24 hours. If you can get away with it today you should knock off early from work and give both your brain and your body a rest. Your batteries are desperately in need of a recharge.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Neo40: Is it a Miracle Supplement?

The following article is an interview between W.Gifford-Jones M.D. and the creator of Neo40 Dr. Nathan Bryan from the University of Texas.

Article taken from "The Doctor Game - W. Gifford-Jones M.D. September 8, 2012

DISCLAIMER: NOTHING IN THIS ARTICLE IS INTENDED AS, OR SHOULD BE CONSTRUED AS, MEDICAL ADVICE. CONSUMERS SHOULD CONSULT WITH THEIR OWN HEALTHCARE PRACTITIONERS FOR INDIVIDUAL, MEDICAL RECOMMENDATIONS. OUR DIETARY SUPPLEMENT PRODUCTS ARE NOT INTENDED FOR USE AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL OR ABNORMAL CONDITION.

Several months ago I reported on a unique drug, **Neo40,** which has now been approved by Health Canada. To find out more about **Neo40**, now available in health food stores, I interviewed Dr. Nathan Bryan, Professor of Molecular Medicine at the University of Texas Health Center in Houston and creator of the formula.

G-J: What is Neo40?

NB: Neo40 is a lozenge that contains L-Citrulline, an amino acid derived from protein, vitamin C, beet root and hawthorn, a potent combination that produces nitric oxide. Early in life our bodies manufacture large amounts of nitric oxide (NO). After age 40 production of NO decreases. This sets the stage for hypertension, kidney dysfunction, diabetes, heart attack or stroke, just to name a few major illnesses. It's called the "miracle molecule" because it helps so many diverse problems.

Dr. Nathan Bryan

G-J: Is there science behind its claims?

NB: The discovery of NO resulted in a Nobel Prize for three U.S. scientists and now over 130,000 scientific papers about this molecule have been published in medical literature. NO is produced in the inner lining of all blood vessels. Lay a single layer of these cells on a flat surface and it would occupy a soccer field . The cells cause arteries to relax, thus lowering blood pressure. But with insufficient NO, arteries constrict, resulting in hypertension, bringing increased pressure in the heart and other organs.

G-J: There must be more to NO than the dilation of blood vessels?

NB: Experiments show that NO prevents blood platelets from sticking together, decreases plaque formation and chronic inflammation in arteries, all factors that increase the risk of heart attack. Other research shows NO lowers triglycerides, bad cholesterol, and raises good cholesterol, and it prevents bone destruction from osteoclasts.

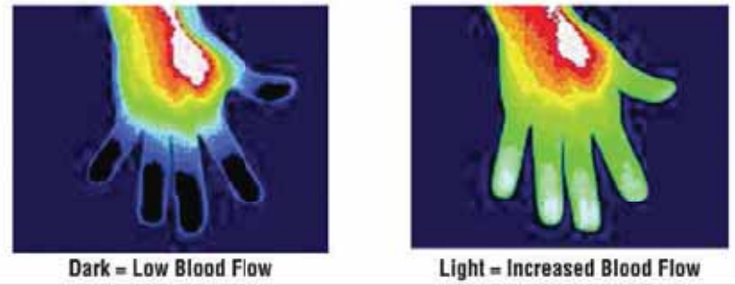
G-J: Can NO help the epidemic of type 2 diabetes?

NB: High blood sugar destroys the circulatory system and 50 percent of diabetes patients die of heart attack. Diabetes causes insulin resistance which makes it hard for glucose to enter cells. Raising NO levels helps to control these problems and also decreases the risk of diabetic ulcers and gangrene of the legs by improving blood flow.

G-J: Does NO help other conditions?

NB: Many people suffer from glaucoma, increased pressure in the eye. This is caused by a clogged trabecular mesh-work that drains fluid from the eye. Hungarian researchers report that NO may benefit this problem.

NB: 27 million Americans also suffer from asthma and its inflamed, constricted, mucous-clogged airways. Experts say it's due to pollution, allergies and stress. Now research at Hammersmith Hospital in London, England, reports that NO helps to maintain a biochemical balance in air passages and that it could be helpful in treating inflamed airways. Another Dutch study reports that NO can calm nerves in tightened airways and relax muscles.



Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

G-J: Can patients increase the production of NO by natural means?

NB: The big problem is that obesity decreases NO and 50 percent of the population is overweight, so for them it's difficult to increase NO by dietary measures. Exercise can also boost NO levels, but people with endothelial dysfunction don't produce the same amount of NO during exercise as healthy people. We know that weight-loss surgery can boost NO by as much as 40 percent. But this is a radical and risky way to lose weight.

G-J: Are foods helpful?

NB: Leafy green vegetables such as Kale, Swiss Chard, Arugula, Spinach, Chicory, Wild Radish and Bok Choy are all high sources of bioactive NO. Dark chocolate and wine also increase NO.

G-J: What about the use of supplements?

NB: Neo40 is the only answer if people refuse to change their lifestyle. This is one lozenge that must be dissolved slowly in the mouth twice a day until NO increases and then used once a day.

G-J: Dr. Bryan, it's been a pleasure to learn of your work at the Institute of Molecular Medicine. I'll consider your advice about Bok Choy. But it will be difficult to say no to one of your Texas steaks!

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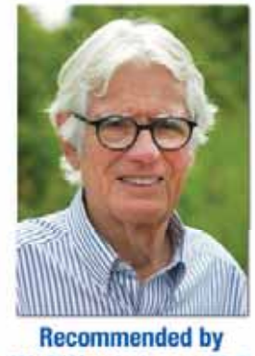

Recommended by W. Gifford-Jones M.D.

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